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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "It Pays to Can" - Information from extension canning specialists of the U. S. Department of Agriculture

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Many thousand farm homemakers know from past experience...but maybe town and city homemakers wonder if home canned food is worth the time and trouble it cost to put up.

Well...you may take the word of Mrs. Faye Johnson of Barry county, Missouri home canned food is worth all you put into it.

Gardening and canning are jobs that Mrs. Johnson has to crowd into after-office hours. You see...her husband's in the army and she works in an office eight hours a day.

Even so...she decided at the beginning of the season to follow the wartime canning budget set up by the extension service of the U. S. Department of Agriculture. And with the help of the county agricultural agent and home demonstration agent...Mrs. Johnson grew and canned a good supply of vegetables.

And she says it really paid dividends. First...her store of canned food provided a fine variety. When her soldier husband came home from camp on weekends...it was no trouble at all to prepare delicious...well-balanced meals. All she had to do was supplement her canned foods with some fresh fruits...some salad-vegetables and meats.

But more than that...the store of canned foods saved her money... She kept a careful record of her canning and it showed her total expenditure was only \$37.82. Later she checked on what it would have cost if she had bought this food already canned. The total was \$80.32 plus more than five thousand ration points. And she figures she saved \$42.50 in cash and the ration points.

So ...take it from Mrs. Faye Johnson...it pays to put up canned food at home.

